



AGENDA

July 12, 2019

Senior Commission Meeting
9:00 a.m.
Maidu Community Center
Senior Meeting Room
1550 Maidu Drive
Roseville, California

THE CITY OF ROSEVILLE WELCOMES YOUR PARTICIPATION

If an agenda item is open to public comment, such public comment shall be addressed to the chair of the meeting.

Public Comment - Speakers have three minutes under Public Comment to speak on issues that are not listed on the agenda and are within the City's jurisdiction. The Brown Act does not permit any action or discussion on items not listed on the agenda.

Consent Calendar - If applicable, the Consent Calendar consists of routine items that may be approved by one motion. Any person can remove an item from the Consent Calendar to be discussed separately.

Agenda Items - Speakers have five minutes to address items that are listed on the agenda.

Americans with Disabilities Act - Notify the City Clerk or Secretary at least 72 hours in advance if special assistance is required to participate in a meeting including the need of auxiliary aids or services.

Audio/Visual Presentations - If making a presentation regarding an agenda item, audio/visual materials must be submitted to the City Clerk or Secretary at least 72 hours in advance.

Roseville City Clerk 311 Vernon Street, Roseville, CA 916-774-5200 TDD 916-774-5220

1. **CALL TO ORDER**
2. **ROLL CALL**
3. **PLEDGE OF ALLEGIANCE**
4. **PUBLIC COMMENTS**
5. **MINUTES**
 - 5.1. Draft Meeting Minutes May 8, 2019
Approve Minutes May 8, 2019

6. REQUESTS/PRESENTATIONS

6.1. Commission Goals 2018 Review Current Status

6.2. Commission Goals for 2019-2020

Prioritize Senior Commission goals for 2019-2020

6.3. Work Plan To Accomplish Commission Goals

Develop a work plan for the Senior Commission to accomplish 2019-2020 goals.

7. BOARD MEMBER / COMMISSIONER / STAFF REPORT

8. ADJOURNMENT



SENIOR COMMISSION COMMUNICATION

Title: Draft Meeting Minutes May 8, 2019

Contact:

Meeting Date: 7/12/2019

Item #: 6.1.

ATTACHMENTS:

Description

May 8, 2019 Meeting Minutes



MINUTES

May 8, 2019

SENIOR COMMISSION MEETING

2:00 p.m.

Council Chambers
311 Vernon Street
Roseville, California

1. CALL TO ORDER

Chair Knapp called the May 8, 2019 Senior Commission meeting to order at 2:07 p.m.

Absent: Parry, Rain

2. ROLL CALL

Present: Beingsessner, Knapp, Williams, Zamora

Absent excused: Rain, Parry

Absent: Parry, Rain

3. PLEDGE OF ALLEGIANCE

Chair Knapp led all in the Pledge of Allegiance.

Absent: Parry, Rain

4. PUBLIC COMMENTS

Lydia Lee, City of Roseville Recreation Coordinator, introduced the Roseville Fifty and Better (FAB) program resources. Lee announced the Placer County Senior Resource Fair at the Maidu Community Center with a flyer for the event.

Kathy Barsotti, City of Roseville Recreation Manager, reported that she reserved a space for the commission to have a booth at the Fair.

Absent: Parry, Rain

5. APPROVAL OF MINUTES

5.1. Draft Meeting Minutes February 13, 2019

Approve Minutes February 13, 2019

Motion by Penny Beingessner, seconded by Nicole Zamora, to approve Motion. The Motion Passed.

Roll call vote: Ayes: Beingessner, Knapp, Zamora

Absent: Parry, Rain

Abstain: Williams

6. REQUESTS/PRESENTATIONS

6.1. New Commission Officers - Kathy Barsotti

Commission selects new officers for 2019: Chair, Vice Chair

Motion by Jim Williams, seconded by Nicole Zamora, Approve Commissioner Parry as Vice Chair. The Motion Passed.

Roll call vote: Ayes: Beingessner, Knapp, Williams, Zamora

Absent: Parry, Rain

Motion by Jim Williams, seconded by Penny Beingessner, Approve Commissioner Knapp as Chair. The Motion Passed.

Roll call vote: Ayes: Beingessner, Knapp, Williams, Zamora

Absent: Parry, Rain

6.2. Commission Goal Setting Workshop - Kathy Barsotti

Commission selects a goal setting workshop date for 2019.

Ms. Barsotti asked the commission for availability to coordinate a date in July for a goals workshop. The commission agreed to email potential July workshop dates when they are available.

Absent: Parry, Rain

7. BOARD MEMBER / COMMISSIONER / STAFF REPORT

7.1. WHO Report Follow Up - Kathy Barsotti

Submitted WHO report accepted by AARP.

Ms. Barsotti informs committee that The American Association for Retired Persons (AARP) has accepted the World Health Organization (WHO) report.

Absent: Parry, Rain

8. ADJOURNMENT

Motion by Penny Beingessner, seconded by Jim Williams, to adjourn the meeting at 3:21 p.m.. The Motion Passed.

Roll call vote: Ayes: Beingessner, Knapp, Williams, Zamora

Absent: Parry, Rain



SENIOR COMMISSION COMMUNICATION

Title: Commission Goals 2018 Review Current Status

Contact:

Meeting Date: 7/12/2019

Item #: 7.1.

ATTACHMENTS:

Description

WHO Report Goal

Communication Goal

Transportation Goal

City of Roseville Senior Commission's 2018-19 Work Plan

Goal – Who Age Friendly City Report

- To review the 2013 WHO Age Friendly City Report and Prepare 2018 WHO Age Friendly City Update Report
- To report on the areas that needed improvement in 2013, and to list the Best of 2018 as well as the areas that need to be improved in 2018.

Action Item	Who?	What?	When?
Action item #1	Kathy Barsotti , Penny Beingessner, Brian Parry, Jim Williams,	Review 2013 WHO Questionnaire	October 23, 2017
Action item #2	Kathy Barsotti	Release 2017 Questionnaire to Public	November 1, 2017
Action item #3	Kathy Barsotti, Penny Beingessner, Brian Parry, Jim Williams,	Review results of Questionnaire	Jan 25, 2018
Action item #4	Penny Beingessner	Present interim report to Commission	Jan 29, 2018
Action item #4	Kathy Barsotti, Penny Beingessner, Brian Parry , Jim Williams	Prepare written report for WHO	May 8, 2018

City of Roseville Senior Commission's 2018-19 Work Plan

Goal – further develop and implement a communication plan that outlines:

- How the Sr Commission can be an advocate for senior issues
- How the Sr. Commission can better communicate to the senior population about programs and services.
- Gather and analyze information regarding what seniors need and want to know

Action Item	Who?	What?	When?
Create ad hoc committee to work on goal and bring back to the Sr Commission the next mtg	Bobbi Knapp Cyndee Reed Marlene Cristanelli	Create Ad-Hoc Committee and Committee Meeting Plan	Met after Sr Commission workshop mtg 1/29/18
Gather information regarding the best way to educate the senior public at no or little cost	Cyndee	Gather information from her contacts and local resources	Next ad hoc mtg date to be determined
Gather information regarding what information and resources seniors who visit and call the Maidu senior center are requesting while volunteering and of other volunteers	Marlene	Gather Insights and information from seniors seeking help with what they are needing and what they want	Next ad hoc mtg date to be determined
Determine what are the specifics that need to be included in the education	Bobbi	Compile and outline the identified educational needs	Second ad hoc mtg
Draft a communication plan with implementation strategies to present to the Sr commission	Bobbi, Cyndee, Marlene	Draft of communication plan	August Sr. Commission meeting

City of Roseville Senior Commission's 2018-19 Work Plan

Goal 2 - Identify and Develop a Transportation Plan that outlines:

- How the Senior Commission can be an advocate for transportation needs for senior stakeholders
- How the Sr. Commission can better communicate to the senior population about programs and services.

Action Item	Who?	What?	When?
Create an Ad-Hoc Committee to work on this goal and bring a working plan to the Senior Commission	Senior Commission	Create Ad-Hoc Committee and Committee Meeting Plan	January 29, 2018, February 14, 2018
Identify community stakeholders that will help meet the transportation needs for seniors	Gary Egan, Cyndee Reed	Seniors First Resource Guide, City Transportation Resources, Other Options	May 9, 2018
identify the transportation needs of seniors in the community	Gary Egan, Cyndee Reed	Focus Group/Survey/Gather Insights	May 9, 2018
Analyze the transportation options for seniors and identify areas where needs still exist	Gary Egan, Cyndee Reed, Brian Perry	Oral Report of Findings of Senior's First Publication and results from Focus Groups	August 8, 2018
Develop a plan for transportation improvements with possible implementation strategies included	Gary Egan, Cyndee Reed, Brian Perry	Review new Senior's First Resource Guide	November 14, 2018



SENIOR COMMISSION COMMUNICATION

Title: Commission Goals for 2019-2020

Contact:

Meeting Date: 7/12/2019

Item #: 7.2.

ATTACHMENTS:

Description

2019 Commissioner Recommended Goals



City of Roseville Senior Commission
Submitted Goals for August Workshop

Commissioner Beingessner

- Housing
- Transportation – try to lower the price of Dial-A-Ride for seniors

Commissioner Knapp

- Continue to develop methods to inform seniors and their adult children about the Senior resources that are available to them in Roseville. Partner with the Placer ADRC and OAAC to coordinate efforts. These organizations have been awarded a grant to develop marketing ideas that reach this audience. Also consider other knowledgeable partners such as the Placer Collaborative
- Include educational opportunities that inform seniors and their families of the importance of planning early before a crises, illnesses and death and not when they happen.
- Have a meeting at the least every other month
- Plan and reach an agreement on developing a presence on the Roseville website that informs the public about the Senior Commission with links to resources
- Have a commissioner responsible for tracking senior related legislative issues
- Develop a packet to be sent to the City Council with the last 5 yr accomplishments. Also include a rewritten version of the original letter addressing the National Crisis with Nursing Homes and include Senior Fraud and financial abuse. Include a question regarding what and where the Council would like to see the commission place our focus for Seniors Quality of life
- Start work on the issues identified in the WHO report that needed improvement by developing a plan to address them
- Develop a plan for goals to be identified as short term, long term or ongoing and appoint work groups accordingly
- Work with AARP to find partners in other communities that have addressed some of our concerns successfully

Commissioner Parry

COMMUNICATIONS WITH SENIORS

- Determine what we want to communicate to seniors and develop a plan to address each item. For example information about transportation options, service programs available to seniors such as Cal Fresh etc..
- I would like to get involved with the county's effort to develop a 2-1-1 system to insure seniors are not left out. I know Bonnie Gore and would be comfortable talking with her about my involvement. This could provide us with another option to communicate with seniors.
- Review our current methods of communication to insure they are meeting our goals such as the city website, FAB etc., future use of RCONA and RPD's "Senior Outlook."
- The Senior Resource Meeting this week will tell us a lot about what seniors need, want and how we can improve communications
- Utilize AARP resources and experience

TRANSPORTATION OPTIONS FOR SENIORS

- Finish Commissioner Egan's plans. Commissioner Parry has some of his notes and did some preliminary work on the issue before Commissioner Egan took it over.
- Meet with West Sacramento's Associate Transportation Planner to learn about the "Via" program and other options they have for seniors.
- Commissioner Parry will be attending the SACOG meeting and hope to bring back some definitive ideas
- Update existing transportation programs such as "Mobility Training, Transit Ambassadors, etc. and communicate them to seniors, possibly through Meals On Wheels staff.

HOUSING ISSUES

- Identify existing programs to assist seniors with modifying their homes with grab bars, ramps etc.
- Explore using volunteers from local trade unions, junior colleges to assist seniors with these modifications
- Update the affordable housing programs implemented and planned for Roseville

HEALTH RELATED ISSUES

- Identify care giving services like in-home care, meals on wheels and other services. The resource meeting this week will help us identify programs and how we can partner with them or at least communicate their services to seniors.

Commissioner Rain

1. Reducing isolation – loneliness and isolation lead to health risks such as heart disease and depression, and early mortality. It's equivalent to smoking 15 cigarettes a day.
2. Fall risk education to reduce number of falls. 1 in 3 seniors fall each year and 40% of those hospitalized don't return home after a fall. I have a 26 minute documentary I helped produce about this.
3. Brain health education, reducing the fear of Alzheimer's and dementia.
4. Nutrition, insuring that people are accessing benefits and services. "Food as medicine" theory/movement.
5. Changes in Medicare/Medical benefits to support in-home care and nonmedical care. PACE programs and what Kaiser is doing locally.
6. Family caregiver support; Respite.
7. Available housing options for fixed income seniors.

Commissioner Williams

- Monthly meetings each with informative presentations about senior resources available in Roseville, i.e.:
 1. Seniors First
 2. American Association of Retired Persons (AARP)
 3. Agency on Aging Area 4
 4. West Sacramento's Transportation Program
 5. Placer County Older Adult Advisory Commission (OAAC)
 6. Placer County Aging & Disability Resource Commission (ADRC)
 7. Placer County District Attorney – "Placer Protect"
 8. Placer County Senior Peer Counseling
 9. Placer County Public Guardian
 10. Del Oro's Caregiver Resource Center
 11. Senior Summit – Jacalyn Smith
 12. Calif Nursing Home Reform
 13. Calif Long-Term Care Ombudsman Association (CLTCOA)
 14. Calif Alliance for Retired Americans (legislative monitoring)
 15. Health Insurance Counseling & Advocacy Program (HICAP)
 16. Elder Abuse Advocacy
 17. Aging Resources Exchange
 18. Adult Protective Services
 19. Legal Services of Northern Calif
 20. Caregivers support & respite program
 21. Veterans Services
 22. Financial Scams
 23. Fraud Alert System
 24. Suicide Prevention
 25. Legal & Financial Planning
 26. "Know Your Neighbor"
 27. "Elder Watch"
 28. Elderly Nutrition
 29. Elderly in home support services modification, maintenance, repair
 30. Effects of isolation, loneliness, greedy beneficiaries
 31. 2020 Census benefits & ideas
 32. Rising medical costs
 33. Etc. Etc Etc

Commissioner Zamora

- Osher Lifelong Learning (education)
- Seniors as Mentors (volunteers at city locations)
- Loneliness (recreation, transportation, volunteer)
- Dive deeper into how the city can help through programs to help: Depression, isolation, boredom, non-productivity



SENIOR COMMISSION COMMUNICATION

Title: Work Plan To Accomplish Commission Goals

Contact:

Meeting Date: 7/12/2019

Item #: 7.3.

ATTACHMENTS:

Description

2019 Goal Workplan Template

City of Roseville Senior Commission's 2019-20 Work Plan

Goal – Name of Goal

- Objective #1
- Objective #2

Action Item	Who?	What?	When?
Action item #1			
Action item #2			
Action item #3			
Action item #4			
Action item #4			